



UMPQUA COMMUNITY
HEALTH CENTER

Enjoy Life!

Take Charge of Your Health!

Living Well With Chronic Conditions Workshop

Free and Open to the Public!

- Manage your pain & fight fatigue
- Set goals & solve problems
- Learn to eat well & remain active
- Communicate effectively about your condition with health care providers, family & friends
- Receive support from trained leaders
- Make new friends & ***Have Fun!***



Sign up Today: 541-672-9596 ext. 430



**Tuesdays & Thursdays for 3 weeks
October 10th – 26th, 2017**

10:00 - 11:30am

**Myrtle Creek Community Center
425 NW Second Avenue
Myrtle Creek**

Living Well is an evidence based program developed by Stanford University Medical Center's Patient Education Dept., supported by the Oregon Health Authority. Brought to you by Umpqua Community Health Center.

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